

18. 목적 : 잡지 온라인 구독을 권유하려고

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★ **our editors' selections of the best articles**

직역 : 최고의 기사들 중 우리 편집자들의 선정물들 → 의역 : 우리의 편집자들이 선정한 최고의 기사

⑧ Join today!

Yours, TourTide Team

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19.

① As I walked from the mailbox, / my heart was beating rapidly.

② In my hands, / I held the letter **from** the university I had applied to.

③ I thought my grades were **good enough to cross the line** / and my application letter was well-written, / but was it enough?

★ **형용사 enough to do** : ~할 수 있을 만큼 충분히 ~한

④ I hadn't slept a wink for days.

⑤ As I carefully tore into the paper of the envelope, / the letter slowly emerged / with the opening phrase, "It is our great pleasure..."

⑥ I shouted with joy, "I am in!"

⑦ As I held the letter, / I began to make a fantasy about my college life / in a faraway city.

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20. 주제 : 자신의 공간을 정돈하여 긍정적 변화를 도모하라.

① ♥ **Having a messy room** / **can add up to** negative feelings and destructive thinking.

★ add up to something : (전부 합쳐)~에 이른다, (결국, 전부 합쳐서) ~가 되다

≡ amount to something ≡ result in

② Psychologists say / that **having a disorderly room** can indicate a disorganized mental state.

③ One of the professional tidying experts says / that **the moment** you start cleaning your room, / you also start **changing** your life **and gaining** new perspective.

★ **the moment** S V : S가 V하는 순간

④ When you clean your surroundings, / positive and good atmosphere follows.

⑤ You can do more things efficiently and neatly.

⑥ So, clean up your closets, organize your drawers, and arrange your things **first**, / then peace of mind will follow.

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21. 주제 : 농장의 토양은 단일 작물 재배를 위해 충분한 비료와 물을 공급받지만, 이는 잡초에게도 이상적인 환경을 제공한다.

① The soil of a farm field **is forced to be** the perfect environment for monoculture growth. ①

② This is achieved / **by adding nutrients** in the form of fertilizer **and water** by way of irrigation. ②

③ During the last fifty years, / engineers and crop scientists / **have helped** farmers **become** much more **efficient** / **at** supplying exactly the right amount of both. ③

★ 기본적으로 “ be good at : ~를 잘 하다 ”에서 확장된다.

be efficient at : ~에 유능하다, ~를 능숙하게 잘 하다

become efficient at : ~에 유능해지다

④ World usage of fertilizer **has tripled** since 1969, / and the global capacity for irrigation **has almost doubled**; we **are feeding and watering** our fields more than ever, / and our crops are loving it. ④

⑤ Unfortunately, these luxurious conditions / **have also excited** the attention of certain agricultural **undesirables**. ⑤

⑥ Because farm fields **are loaded with** nutrients and water / **relative to the natural land** that surrounds them, / **they are desired** as luxury real estate **by every random weed in the area**. ⑥

(능동태로 해석 = **every random weed in the area desire them** as luxury real estate)

★ **be loaded with** : ~로 넘치다, ~가 충분하다

★ **relative to** sth : ~에 비해

22. 주제 : 사소한 관심이 타인에게 도움이 될 수 있다.

① ♥ When it comes to helping out, / you don't have to do much.

② ♥ All you have to do is come around and show that you care.

★ All you have to do is (to) come ~ and show ~ : 네가 해야하는 전부는 다가가서 ~ 보여 주는 것이다. → 너는 다가가서 ~ 보여주지만 하면 된다.

③ If you notice someone who is lonely, / you could go and sit with them.

④ If you work with someone who eats lunch all by themselves, / and you go and sit down with them, / they will begin to be more social after a while, / and they will owe it all to you.

★ owe A to B : A를 B에게 빚지다 → A는 B덕/탓이다 → A를 B덕/탓으로 여기다

⑤ A person's happiness comes from attention.

⑥ There are too many people out in the world / who feel like everyone has forgotten them or ignored them.

★ feel like S V : ~같다고 느끼다, ~라고 느끼다

⑦ Even if you say hi to someone passing by, / they will begin to feel better about themselves, like someone cares.

★ feel better ~, (feel) like ~ : ~ 기분이 좋다고, ~ 다고 느끼기

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23. 주제 : 인생에서 고난에 맞서는 것이 중요한 이유 (힘을 얻어 성공할 수 있다.)

① We often **try to make cuts in** our challenges **and take** the easy route.

★ **make a cut in** : ~를 줄이다, ~를 삭감하다

② When taking the quick exit, / we **fail to acquire the strength to compete.**

★ **fail to do** : ~하지 못하다

③ We often take the easy route to improve our skills.

④ Many of us never really work **to achieve mastery** / in the key areas of life.

⑤ These skills are key tools / that can be useful to our career, health, and prosperity.

⑥ Highly successful athletes / don't win **because of better equipment**; they win **by facing hardship** to gain strength and skill.

⑦ They win through preparation.

⑧ ♥ **It's** the mental preparation, winning mindset, strategy, and skill / **that set them apart.**

★ **It's** the mental preparation, winning mindset, strategy, and skill **that set them apart.**

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V

: it ~ that ~ 강조구문이다. 위와 같이 **It's**와 **that**을 지우면 한 문장이 만들어진다.

★ **set A apart** : A를 구분하다, A를 눈에 띄게 하다, A를 두드러지게 하다

⑨ ♥ Strength comes from struggle, / not from taking **the path of least resistance.**

⑩ Hardship is **not just** a lesson for the next time in front of us.

= not only

⑪ Hardship will be the greatest teacher / we will ever have in life.

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24. 주제 : 행동은 네가 생각하는 네 모습에서 나온다.

① ♥ Your behaviors **are** usually **a reflection of** your identity.

★ **be a reflection of** : ~에 대한 반영이다 ≡ reflect : ~를 반영한다

② ♥ What you do is an indication of **the type of person you believe that you are** - either consciously or nonconsciously.

★ **What you do** : 네가 무엇을 하는지 ≡ 네가 하는 것 → 네가 하는 행동

★ **be an indication of** : ~에 대한 지표이다 ≡ indicate : ~를 보여준다

★ **the type of person (that) you are** ≡ **who you are** : 네 모습

→ **the type of person you believe (that) you are** ≡ **who you believe you are** : 네가 네 모습이라고 믿고 있는 모습, **네가 믿고 있는 네 모습**

③ Research has shown / that **once** a person believes in a particular aspect of their identity, / they **are more likely to act according to that belief**.

★ **once** S V : 일단 ~하면 ★ **be likely to do** : ~할 가능성이 높다

④ ★ For example, / **people** who identified as "being a voter" / **were more likely to vote** / than **those** who simply claimed "voting" was **an action they wanted to perform**.

★ **be likely to do** : ~할 가능성이 높다

⑤ ★ Similarly, / **the person** who accepts exercise as the part of their identity / doesn't have to convince themselves to train.

⑥ Doing the right thing is easy.

⑦ After all, / when your behavior and your identity perfectly match, / you are no longer pursuing behavior change.

⑧ ♥ You are simply acting like **the type of person you already believe yourself to be**.

★ **you already believe yourself to be the type of person** :

S V O OC : 너는 네 자신이 이미 그런 유형의 사람이라고 믿는다

→ **the type of person you already believe yourself to be** ≡ **who you believe you are**
네가 믿고 있는 네 모습

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26.

① Fritz Zwicky, a memorable astrophysicist who coined the term 'supernova', / **was**
born in Varna, Bulgaria to a Swiss father and a Czech mother.

② At the age of six, / he was sent to his grandparents / who **looked after** him for most
 of his childhood in Switzerland.

★ **look after** : ~를 돌보다

③ There, / he received an advanced education **in** mathematics and physics.

④ In 1925, / he emigrated to the United States / and continued his physics research at
 California Institute of Technology (Caltech).

⑤ He developed numerous theories / that **have had a profound influence on** the
 understanding of our universe / in the early 21st century.

★ **have a profound influence on** : ~에 지대한 영향을 미치다

⑥ **After being appointed** as a professor of astronomy at Caltech in 1942, / he
 developed some of the earliest jet engines / and holds more than 50 patents, / many
 (of which are) in jet propulsion.

* patent: 특허(권) ** propulsion: 추진(력)

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29. 주제 : 수렵-채집 생활에서 농경 사회로의 전환은 인구 밀도 증가와 문명의 발전으로 이어졌다.

S

- ① ★ The hunter-gatherer lifestyle, / which can be described as “natural” to human beings, / **appears to have had much to recommend it.**

V

★ S **appears to have had** ~ : ~**갖고 있었던** 것으로 보인다. (appear to have p.p)
비교) appears to have ~ : ~**갖고 있는** 것으로 보인다. (appear to do)

- ② Examination **of** human remains **from** early hunter-gatherer societies / has suggested / that our ancestors **enjoyed abundant food**, obtainable without excessive effort, / **and suffered very few diseases.**

가S

진S

- ③ ★ If this is true, / **it is not clear** / **why** so many humans settled in permanent villages and developed agriculture, / growing crops and domesticating animals: cultivating fields was hard work, / and **it was** in farming villages / **that** epidemic diseases first took root.

★ ~~it was~~ in farming villages ~~that~~ epidemic diseases first **took root.**

농경 마을에서 전염병이 처음 뿌리를 내렸다

: it ~ that ~ 강조구문이다. 위와 같이 **it's**와 **that**을 지우면 한 문장이 만들어진다.

★ **take root** (in) : (~에) 뿌리를 내리다

- ④ ♥ Whatever **its immediate effect on the lives of humans** (was), / the development of settlements and agriculture / undoubtedly led to a high increase in population density.

★ **its immediate effect on the lives of humans**

직역 : 인간의 삶에 대한 그것의 즉각적인 영향 → 의역 : **그것이 인간의 삶에 즉각적으로 미치는 영향**

- ⑤ ♥ This period, known as the New Stone Age, / was a major turning point in human development, / **opening the way to** the growth of the first towns and cities, / **and** eventually **leading to** settled “civilizations.”

★ **opening ~ and eventually leading to** ~ : 선후/인과 분사구문이다 : ~해서 (주절), ~ **열었고 ~으로 이어졌다** (분사구문)

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30. 주제 : 지연된, 하지만 더 큰 보상을 위해 즉각적인 보상을 미루기도 하지만, 때로는 즉각적인 보상을 택하기도 한다.

- ① ♥ Many human and non-human animals / save commodities or money **for future consumption**. ①
- ② ♥ This behavior seems to reveal **a preference of a delayed reward over an immediate one**: the agent gives up some immediate pleasure / **in exchange for** a future one. ②
- ③ Thus the discounted value of the future reward / should be greater than the un-discounted value of **the present one**. ③
- ④ However, in some cases / ♥ the agent does not wait for **the envisioned occasion** / but uses their savings **prematurely**. ④
- ⑤ For example, early in the year / an employee **might set aside** money to buy Christmas presents / but then spend it on a summer vacation instead. ⑤
- ⑥ Such cases could be examples of weakness of will. ⑥
- ⑦ ♥ That is, / the agents may judge or resolve to spend their savings / **in a certain way for the greatest benefit** / but then act differently / when temptation for immediate pleasure appears. ⑦

31. 주제 : 갑작스러운 방해는 우리의 창의성과 생산성을 저해할 수 있다.

① **The costs of interruptions** are well-documented.

② Martin Luther King Jr. lamented **them** / when he described "that lovely poem **that didn't get written** / because someone knocked on the door."

★ **them** = **The costs of interruptions**

③ Perhaps the most famous literary example happened in 1797 / **when** Samuel Taylor Coleridge **started** writing his poem *Kubla Khan* from a dream he had / **but** then **was visited** by an unexpected guest.

④ For Coleridge, **by coincidence**, / the untimely visitor came at a particularly bad time.

⑤ ★ He **forgot** his inspiration and **left** the work **unfinished**.

V1

V2

O

OC

⑥ While there are many documented cases of sudden disruptions / that **have had significant consequences for** professionals **in critical roles such as** doctors, nurses, control room operators, stock traders, and pilots, / ♥ they also impact most of us in our everyday lives, / **slowing down** work productivity **and** generally **increasing** stress levels.

★ have significant consequences for : ~에게 심각한 결과를 초래하다, ~에게 상당한 영향을 미치다

★ **slowing down** ~ **and** generally **increasing** ~ : 선후/인과 분사구문이다 : ~해서 (주절), ~ 늦추고 ~ 높인다 (분사구문)

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32. 주제 : 주의 집중과 연습이 뇌의 물리적 구조를 바꿀 수도 있다.

- ① ♥ There's a lot of scientific evidence / demonstrating that focused attention leads to the reshaping of the brain.
- ② In animals **rewarded for** noticing sound (to hunt or to avoid being hunted for example), / we find much larger auditory centers in the brain.
- ③ In animals **rewarded for** sharp eyesight, / the visual areas are larger.
- ④ ★ Brain scans of violinists provide more evidence, / **showing** dramatic growth and expansion in regions of the cortex **that represent the left hand**, / **which** has to finger the strings precisely, often at very high speed.
- ★ **which** : 계속적 용법 관계대명사. 따라서 '적당한 연결사 + 대명사'이다. 그래서 이 글에서는 문맥상 '왜냐하면 왼손은' 이라고 해석하였다. 영어로 바꾼다면 'as it'으로 바꿀 수 있을 것이다. 뭐, 'and it'이라고 바꾼다고 아무도 뭐라고 안 한다.
- ⑤ Other studies have shown / that the hippocampus, which is vital for spatial memory, / is enlarged in taxi drivers.
- ⑥ ♥ **The point is that** the physical architecture of the brain changes / **according to** **where we direct our attention** and **what we practice doing**.

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33. 주제 : 인간의 정신이 진화한 방식/이유 : 타부족과의 생존 경쟁에서 지적 우위의 중요성

① How did the human mind evolve?

S

② ♥ One possibility is that competition and conflicts with other human tribes caused our brains to evolve the way they did.

V O OC

★ the way they did = the way they(= our brains) evolved : 우리의 뇌가 진화한 방식대로
→ 그렇게 ※이 변화 과정을 반드시 이해하라.

S

V

③ ♥ A human tribe that could out-think its enemies, even slightly, / possessed a vital advantage.

★ 'out-'은 동사에 붙어서 '~보다 잘'이라는 의미를 덧붙여 주는 접두사이다.

S

④ ♥ The ability of your tribe to imagine and predict where and when a hostile enemy tribe might strike, and plan accordingly, / gives your tribe a significant military advantage.

V

⑤ ♥ The human mind became a weapon in the struggle for survival, / a weapon far more decisive than any before it.

⑥ And this mental advantage was applied, over and over, / within each succeeding generation.

S

V1

⑦ ♥ The tribe that could out-think its opponents / was more likely to succeed in battle / and would then pass on the genes responsible for this mental advantage to its offspring.

V2

⑧ You and I are the descendants of the winners.

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34. 주제 : 팀의 잠재력을 찾기 위해 브레인스토밍에서 브레인라이팅으로 전환하는 과정과 그 효과

① ♥ To find the hidden potential in teams, / instead of brainstorming, / ♥ we're better off shifting to a process called brainwriting.

★ be better off doing : ~하는 게 더 좋다.

② The initial steps are solo. You start by asking everyone to generate ideas separately.

③ Next, / you pool them and share them anonymously among the group.

④ To preserve independent judgment, / each member evaluates them on their own.

★ evaluate ≡ assess ≡ appraise ≡ rate : 평가하다

⑤ ♥ Only then does the team come together / to select and refine the most promising options.

★ refine ≡ polish ≡ elaborate ≡ specify : 정제하다, 다듬다, 상술하다, 구체화하다

★ Only는 부정어로 취급한다. 따라서 부정어가 문두에 왔기 때문에 Only then의 직접적 영향을 받는 문장을 의문문 형식으로 도치한다.

: the team comes together → does the team come together

★ to select and refine : to부정사의 결과적 용법으로 해석한다.

: come together (모여) / to select and refine (선택하고 정제한다)

⑥ ♥ By developing and assessing ideas individually / before choosing and elaborating them, / teams can surface and advance possibilities / that might not get attention otherwise.

(능동태로 해석 = bring all ideas to the table)

⑦ ♥ This brainwriting process makes sure / that all ideas are brought to the table / and all voices are brought into the conversation.

(능동태로 해석 = bring all voices into the conversation)

★ make sure that S V : 꼭 S가 V하게 하다, S가 V하는 것을 보장하다

★ bring A to the table : A를 테이블에 올려놓다 → A를 논의하다

⑧ It is especially effective in groups / that struggle to achieve collective intelligence.

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35. 주제 : 직원들에게 통제감/주체성/결정권을 줌으로써 그들의 에너지, 집중력, 자기 통제력을 끌어올리고 기업
의 생산성도 높일 수 있다.

S

① ♥ Simply giving employees a sense of agency - a feeling that they are in control, that they have genuine decision-making authority - can radically increase how much energy and focus they bring to their jobs. V

★ how much energy and focus they bring to their jobs (간접의문문의 형태)

(직역) 그들이 자신의 업무에 얼마나 많은 에너지와 집중력을 동원하느냐

= the level of energy and focus they bring to their jobs

(의역) 그들이 자신의 업무에 동원하는 에너지와 집중력의 수준

S

V

② One 2010 study at a manufacturing plant in Ohio, for instance, / carefully examined assembly-line workers / who were empowered to make small decisions about their schedules and work environment. ②

★ be empowered to do : ~할 수 있도록 권한을 부여받다, ~할 수 있는 권한을 부여받다

③ They designed their own uniforms / and had authority over shifts / while all the manufacturing processes and pay scales stayed the same. ③

④ Within two months, / productivity at the plant increased by 20 percent, / with workers taking shorter breaks and making fewer mistakes. ④

★ with workers taking ~ and making ~ : 'with 명사 분사' 구문.

각각 접속사, S, V1, V2라고 생각하라.

그리고 직원들은 ~취했고, ~했다.

⑤ ♥ Giving employees a sense of control / improved how much self-discipline they brought to their jobs. ⑤

★ how much self-discipline they brought to their jobs (간접의문문의 형태)

(직역) 그들이 자신의 업무에 얼마나 많은 자기통제력을 동원하느냐

= the level of self-discipline they brought to their jobs

(의역) 그들이 자신의 업무에 동원하는 자기통제력의 수준

36. 주제 : 디지털로의 전환도 여전히 환경에 부정적인 영향을 미칠 수 있다.

① As businesses shift some core business activities to digital, / such as sales, marketing, or archiving, / **it is assumed that the impact on the environment** will be less negative.

★ **it is assumed that** ~ = people assume that ~ (능동태로 해석)

② ♥ However, / digital business activities can still threaten the environment.

③ ♥ In some cases, / the harm of digital businesses can be even more hazardous.

④ A few decades ago, / offices **used to have** much more paper waste / since all documents were paper based.

★ used to에 대한 자세한 설명 → <https://youtu.be/tMWYDHk0Jq8>

★ **used to do** : ~했었다 (지금만 아니다)

⑤ When workplaces **shifted from** paper **to** digital documents, invoices, and emails, / it was a promising step to save trees.

⑥ ♥ However, / **the cost of the Internet and electricity for the environment is neglected.**

★ the cost of the Internet and electricity for the environment

인터넷과 전기의 환경에 대한 비용 → 인터넷과 전기가 환경 미치는 비용

⑦ A recent *Wired* report declared / that most data centers' energy source is fossil fuels.

⑧ ♥ When we store bigger data on clouds, / increased carbon emissions make our green clouds gray.

⑨ The carbon footprint of an email / is smaller than mail sent via a post office, / but still, it causes four grams of CO₂, / and it can be **as much as** 50 grams / if the attachment is big.

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37. 주제 : 외래 종이 생태계에 도입될 때 문제가 발생할 수 있다. (회색 다람쥐와 붉은 다람쥐의 예시)

① ♥ Problems often arise / if an exotic species is suddenly introduced to an ecosystem.

② Britain's red and grey squirrels provide a clear example.

③ When the grey arrived from America in the 1870s, / both squirrel species **competed** for the same food and habitat, / **which put** the native red squirrel populations **under pressure**.

★ **which** : 계속적 용법의 관계대명사, 앞문장 전체를 가리킨다. = **and it**

★ **put A under pressure** : A를 압박 하에 두다 → A를 압박하다

④ The grey had the edge / because it can adapt its diet; it **is able**, for instance, **to eat** green acorns, / while the red can only digest mature acorns.

★ **green** acorn = **immature** acorn ↔ **mature** acorn = **ripe** acorn

⑤ Within the same area of forest, / grey squirrels can destroy the food supply / before red squirrels even have a bite.

⑥ Greys can also live more densely and in varied habitats, / so have survived more easily / when woodland **has been destroyed**.

⑦ As a result, / the red squirrel **has come close to** extinction in England.

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38. 주제 : 농업의 발전 → 정착 생활 → 출산 간격 단축 → 인구 증가 → 농경 사회에 유리 → 선순환

① ♥ Growing crops **forced** people **to stay** in one place.

S V O OC

② Hunter-gatherers typically moved around frequently, / and they **had to be able to carry** all their possessions **with them** / **every time** they moved.

③ In particular, / mothers had to carry their young children.

④ ★ As a result, / hunter-gatherer mothers could have only one baby **every four years or so**, / **spacing** their births / **so that they never had to carry** more than one child at a time.

★ **spacing** ~ : 선후/인과 분사구문이다 : ~해서 (주절), ~ **사이사이에** 공백을 두었다 (분사구문)

★ **so that** S V : S가 V하도록, S가 V할 수 있도록

⑤ Farmers, on the other hand, / could live in the same place year after year / and **did not have to worry** about transporting young children long distances.

⑥ Societies that settled down in one place / were able to shorten their birth intervals / from four years to about two.

⑦ This meant / that each woman could have more children than her hunter-gatherer **counterpart**, / **which in turn resulted in** rapid population growth among farming communities.

⑧ An increased population was actually an advantage to agricultural societies, / because farming required large amounts of human labor.

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39. 주제 : 유년기는 동물들이 변화하는 세상에 유연하게 적응할 수 있게 해주고, 이를 통해 문화의 진화 또한 촉진한다.
- ① ♥ Spending time as children **allows** animals to learn about their environment.
S V O OC
★ time as children : 아이로서의 시간 → 유년기
- ② Without childhood, / animals **must rely** more fully **on** hardware, / **and** therefore **be** less flexible.
S
- ③ Among migratory bird species, / those (that are) **born knowing how, when, and where to migrate** - those that are migrating entirely with instructions **they were born with** - sometimes **have** very inefficient migration routes.
V
- ④ These birds, (which are) **born knowing how to migrate, don't adapt** easily.
S V
- ⑤ So when lakes dry up, forest becomes farmland, or climate change pushes breeding grounds farther north, / those birds (that are) **born knowing how to migrate** / **keep flying by** the old rules and maps.
- S1 S2
⑥ ★ By comparison, / birds with the longest childhoods, and those that migrate with their parents, / **tend to have** the most efficient migration routes.
V
- ⑦ Childhood facilitates **the passing on of cultural information**, / and culture can evolve faster than genes.
- ⑧ ♥ Childhood gives flexibility in a changing world.

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40. 주제 : 디지털 프로젝트는 포용적인 디자인을 채택하여 장애인의 니즈를 충족시키야 한다.

① Over the last several decades, / scholars have developed standards / for how best to create, organize, present, and preserve digital information / for future generations.

② ♥ What has remained **neglected for the most part**, however, / are the needs of people with disabilities.

③ As a result, / many of the **otherwise** most valuable digital resources are useless / for people who **are** deaf or **hard of hearing**, / **as well as** for people who are blind, have low vision, or **have difficulty distinguishing** particular colors.

※ 이 문장에서 **otherwise**의 의미 : '그렇지 않은 경우라면', 즉, '장애가 없다면'을 뜻한다.

★ be hard of doing : ~하는 것이 힘들다

★ have difficulty doing : ~하는 데 어려움이 있다

④ While professionals working in educational technology and commercial web design / have made significant progress in meeting the needs of such users, / some scholars creating digital projects / all too often **fail to take** these needs **into account**.

★ fail to do + take sth into account → **fail to take** these needs **into account**

~하지 못하다 + A를 고려하다 → 이런 니즈를 **고려하지 못하다**

⑤ This situation would be much improved / if more projects embraced the idea / **that we should always keep the largest possible audience in mind** / as we make design decisions, / **ensuring that** our final product serves the needs of those with disabilities as well as those without.

★ keep sth in mind : ~를 염두에 두다, ~를 명심하다

★ **ensure that** S V : 꼭 S가 V하게 하다, 반드시 S가 V하도록 보장하다

★ 이 문장의 문장구조

This situation would be much improved / if more projects embraced the idea / **that we should always keep ~ in mind** (), / **ensuring that** ~.

즉!!! **ensuring**은 '**we should always keep ~ in mind**'를 주절로 하는 선행/인과 관계 분사구문이다. ~ **염두에 두어서** (주절) ~ **보장해야 한다** (분사구문)

Summary : ♥ The needs of people with disabilities / have often been overlooked in digital projects, / **which** could be changed by adopting an inclusive design.
= and it

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41-42. 주제 : 인간은 약간 고통스럽지만, 사실은 안전한 행위를 함으로써 쾌락을 얻는다.

① ♥ All humans, **to an extent**, seek activities that cause a degree of pain / in order to experience pleasure, / **whether this is found** in spicy food, strong massages, or stepping into a too-cold or too-hot bath.

② The key is that it is a 'safe threat'.

③ ♥ The brain **perceives** the **stimulus** to be painful but ultimately non-threatening.
S V O OC

④ Interestingly, / this **could be similar to** the way humor works: a 'safe threat' that causes pleasure **by playfully violating norms**.

⑤ We feel uncomfortable, but safe.

⑥ In this context, where survival is clearly not in danger, / **the desire for pain** is actually **the desire for a reward**, / not suffering or punishment.

⑦ This reward-like effect comes from **the feeling of mastery over the pain**.

★ (직역) 고통에 대한 통달의 느낌 → (의역) 고통에 통달한다는 느낌

⑧ ★ **The closer** you look at your chilli-eating habit, / **the more remarkable** it seems.

⑨ ★ When the active ingredient of chillies - capsaicin - touches the tongue, / it stimulates exactly the same receptor / that is activated **when any of these tissues are burned**.

★ the same A that ~ : ~하는 것과 같은 A

S

⑩ ♥ Knowing that **our body is firing off danger signals**, but that **we are actually completely safe**, / **produces** pleasure.

V

⑪ All children start off hating chilli, / but many learn to derive pleasure from it / **through repeated exposure** / **and knowing** that they will never experience any real harm.

⑫ Interestingly, / ★ **seeking pain for the pain itself** appears to be uniquely human.

⑬ ★ The only way scientists have trained animals **to have a preference for chilli** or **to self-harm** is / **to have the pain** always directly **associated with** a pleasurable reward.

★ have O p.p : ~를 ~되게/받게/당하게 하다 → ~를 -당하다, ~를 -받다, ~를 -하다

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